

**This Sunday 10:30 a.m. "Stay Strong No Matter What"
with Rev. Roxanne Buckle**

[Click here](#) to join service.

Meeting ID: 880 7546 5766; Passcode: 015578

[Click here](#) for phone-in instructions.



Anybody besides me feeling like a year into the pandemic 'enough already'? Some days I'm digging so deep for the ability to keep going my shovel is getting lost! This is where our power of Strength comes in.

"Spiritual strength is our capacity to stand undaunted in the midst of shifting circumstance, to act courageously, and to stay the course" (*Divine Audacity*). Join in this

Sunday as we unpack the power of Strength, an especially relevant spiritual ability in these unprecedented times.

Rev. Roxanne Buckle is an ordained Unity Minister who has recently served Unity Victoria, Unity Worldwide Ministries as Executive Director of Marketing and Unity Spiritual Centre Ottawa. She is currently Spiritual Content Coordinator for USCO and serves as Vice-Chair on the Unity Canada Board.

**Unity Worldwide Theme for
February is Strength**

[Click here](#) for Strength video.

To read more about Strength
[click here](#) and click on tab for February.



Are you being called to share your gifts in Sacred Service?

The terms of two of our Board members are ending soon. If you are a member, and feeling called to step into one of those positions please contact the office. Being a member of the Board is an excellent opportunity to grow spiritually and to enrich the depth of your understanding of Unity. The Board meets once a month at 6:00 p.m., via Zoom, on a Monday evening.

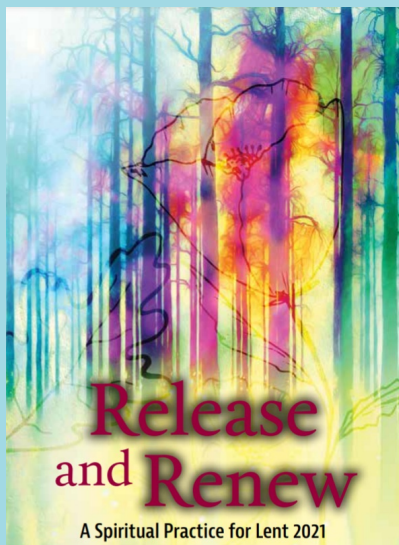
We also are looking for greeters to join one or two Sunday services a month around 10:15 a.m. to welcome everyone to the virtual service. This is a throwback to that wonderful time when our greeters met us at the door and gave us a hug. Unfortunately, there will only be virtual hugs for the foreseeable future, but a warm greeting to the service can be just as welcoming.

Please let the office know if these sacred service opportunities are calling to you by emailing officeunityottawa@yahoo.ca.

Next Sunday February 14, USCO Joins Unity Kitchener "Igniting a Love Affair with Life and Self" with Mel Horvath-Lucid.

What would it take to shift from a life of expectations and beliefs on what we should do, to a life that is mission driven? What would it look like to fall in love with life anew, and from this love to create a life that has the power to sustain you, independent of any circumstances?

Spiritual Resources to Expand Consciousness



Lent starts Wed Feb 17
For a free copy of Unity
Worldwide's booklet, click on the
picture above.



USCO is on YouTube!

Have you missed some services
or wish to go back and watch
again? To view a Sunday service
again, click on the picture above.

****NEW** Community Corner**

At the community circle, we decided to add a new section to the newsletter called "Community Corner."

In this section we will highlight information sent to us by you as a way to get to know one another better. Examples of things you might want in the Corner include your hobbies, special celebrations, family news, etc.

Please send your input to the office at officeunityottawa@yahoo.ca no later than Monday morning for inclusion in that week's newsletter.

Prayer Requests

USCO's Prayer Partners, trained in affirmative prayer, are on duty during the week if you want prayer.

Please email the office to request a prayer. The Prayer Partner on duty will get back to you by telephone to arrange a time to pray with you.



How you can give:

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at www.unityottawa.org
3. E-transfer to officeunityottawa@yahoo.ca
4. Mail a cheque to:

Unity Spiritual Centre Ottawa
Box 21587, 3080 Carling Avenue
Ottawa, ON K2B 0A3

Thank you for your generosity!

Unity Spiritual Centre Ottawa is very grateful for the contribution of all of our sacred servers and staff.

Upcoming Sunday Services (all on Zoom)

February 7: (Unity Kitchener joins us)
Staying Strong No Matter What with Rev. Roxanne Buckle

February 14: (joining with Unity Kitchener)

Igniting a Love Affair with Life and Self with Mel Horvath-Lucid

February 21:

**Are You Brave Enough to be Accountable for Your Consciousness? with
Rev. Sheree Taylor-Jones**